









August 2009

Ten At A Time Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Standing row w/wt or bands.	31 Wide push-ups.		Whether you are at the beach or at home, you can do many of the same things at home or at a local park. Play outside!			1 10 min jog. 
2 Squat down, lie down on the floor, get back up, then kick. No hands allowed! Use your legs and abs only.	3 Balancing bicep curls (stand on 1 foot) directly to tricep extensions.	4  Side plank w/a twist.	5 Dumbbell shoulder shrugs.	6 Single leg bridge.	7 Shoulder press w/rotation.	8 Tricep push-ups w/arms close.
9 Alternating one-arm tricep dip in crab position.	10 Bench press.	11 Plank pike-up w/feet on a ball.	12 Seated rows w/bands or wts.	13 Squat w/wt or physio-ball overhead.	14 Double barbell row.	15 Floating bicep curls (arms away from body).
16 Traveling sliding steps, 3 sets/50 shuffles in both directions.	17 Floor pull-up w/pole across 2 chairs. 	18 Ab hold in chair-tuck knees up and lift butt off chair, 5-10 sec hold.	19 Good mornings w/wt.	20 Standing side twist w/wt or ball in hands.	21 Alternating forward lunges.	22 Squat down, put your hands on the floor next to your feet, jump both feet back, do a full push up, hop back, then kick.
23 Dumbbell squats.	24 Tricep extension/squat combo.	25 On hands and knees, opposite arm and leg raises.	26 Single leg balancing row.	27 Medicine ball or wt swing.	28 Overhead punch w/wt.	29 Bicep curls/one leg balance.